

We claim:

1. A seasoning composition comprising potassium chloride and polyethylene glycol, wherein the potassium chloride and polyethylene glycol are present in a weight ratio from about 2:1 to about 1:4.
2. The composition of claim 1, further comprising sodium chloride.
3. The composition of claim 2, wherein the sodium chloride makes up between about 5 and 25% of the seasoning composition by weight.
4. The composition of any of claims 1 to 3, further comprising magnesium chloride.
5. The composition of claim 4, wherein the magnesium chloride makes up about 2% of the seasoning composition by weight.
6. The composition of any of claims 1 to 5, further comprising a cream.
7. The composition of claim 6, wherein the cream is a dairy product.
8. The composition of any of claim 6, wherein the cream is a non-dairy product.
9. The composition of claim 1, wherein the polyethylene glycol has an average molecular weight of between 500 to 20,000.
10. A food or drink item comprising the composition of any of claims 1 to 9.
11. The food item of claim 10, wherein the food item is a member of the group consisting of meat, dairy products such as cheese, vegetables, fruits, grains, prepared foods and snack foods.
12. The drink item of claim 10, wherein the drink item is tomato juice or a soup.
13. A method of seasoning food or drink, said method comprising adding to said food or drink an effective amount of a seasoning composition of any of claims 1-9.
14. The method of claim 13, wherein the seasoning composition is first dissolved in aqueous solution and then added to said food or drink.

15. A method for administering a low sodium diet to a patient in need thereof comprising the administration of a seasoning composition of any of claims 1-9.
16. The method of claim 15, wherein the seasoning composition is first added to food or drink and then administered to the patient.
17. A method for administering potassium orally, in a palatable form, to a patient in need thereof comprising the administration of a seasoning composition of any of claims 1-9.
18. The method of claim 17, wherein the seasoning composition is first added to food or drink and then administered to the patient.
19. The method of any of claims 13, 14, 16 or 18, wherein the food item is a member of the group consisting of meat, dairy products such as cheese, vegetables, fruits, grains, prepared foods and snack foods.
20. The drink item of any of claims 13, 14, 16 or 18, wherein the drink item is tomato juice or a soup.